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Post-COVID Effects on Mental Health and Their Complications and Management

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A B S T R A C T

Corona virus disease is one of the most dangerous diseases and can cause mild to severe respiratory complications. The virus which is responsible for coronavirus disease is a severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). COVID disease came as a pandemic in January in China. The genetic material of COVID is a single- stranded RNA virus and contains 29891 nucleotides and 9860 amino acids. In the world, there are more than 50 crore Covid cases now. In India, total COVID cases are 4.3 crore and more than 5.22 lakh deaths have occurred. It was found that although people were recovering from coronavirus disease they were affected by mental illness. Post-COVID changes also tend to cause mental complications in normal persons and their levels vary from person to person. Cases of heart disorders like hypertension, diabetes, kidney disorder, and obesity were found to be more in comparison to times before the outbreak of the COVID. People who are already suffering from respiratory disease or heart diseases have a higher risk of death due to coronavirus attacks. Other complications like persistent fatigue, breathlessness, myalgia, and psychological disorders, other bacterial & viral inspections and poor health & stress are more common even after recovery from coronavirus disease. There are a lot of chances for the outbreak of COVID 4th wave so every person must be aware and follow all precautions for protection from COVID. Government, health workers, and other normal persons should contribute as much as possible for protection from future COVID waves and for a healthy life for all.

Keywords: Myalgia, psychological, pandemic, fatigue, hypertension, diabetes, obesity

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